

Chili

November is National Good Nutrition Month, and it's time to celebrate!! Serve up a warm bowl of chili and enjoy the many health benefits!



Here are some reasons to eat chili:

- ✓ It's full of tomatoes!
 - o great source of vitamin C (which lowers the risk of diabetes and heart disease)
 - o great source of vitamin A (helps our eyes and helps us to have proper growth and reproduction)
- ✓ Its many kinds of beans provide fiber and protein (helps lower blood cholesterol and improve strength)
- ✓ It's delicious on a cold November day!
- ✓ It's easy to make for a snack or a meal!

Here are a few quick and easy recipes for chili!!

➤ As a meal:

Champion Chili

*WIC approved food!

1 can (15 oz) pinto, kidney, or garbanzo beans, drained
1 can (14.5 oz) stewed tomatoes, or whole tomatoes, undrained
1 can (15 oz) chili beans, undrained
 $\frac{3}{4}$ cup green pepper, diced
 $\frac{1}{2}$ cup onion, minced
1 cup tomato juice
2-3 tsp chili powder
 $\frac{1}{4}$ cup shredded cheddar cheese* (optional)
8 oz. ground beef or turkey (optional)



Put stewed tomatoes or undrained tomatoes, green pepper and onion pieces, tomato juice, and chili powder in saucepan. Stir until mixed. Place burner on medium-high heat. Bring mix to a boil. Reduce heat, cover, and simmer for 10 minutes. Add beans and stir**. Cover and cook for 10 minutes more or until heated through. Remove from burner and serve. (Sprinkle cheese on top if you'd like). Makes 4 servings.

**For meaty chili, add browned ground beef or turkey into the chili along with the beans

**You can also substitute WIC approved dry beans for canned

➤ As a snack:

Chili Dip

1 can (16 oz.) kidney beans, drained	$\frac{1}{4}$ tsp. salt
1 tbs. vinegar	1 tbs. onion, minced
$\frac{3}{4}$ tsp. chili powder	1 tsp. dried parsley

Combine all ingredients and whirl in blender until smooth.